



## Abe Says 'So Long' Sasebo

By MC2 MICHAEL HART  
Penny Press editor

USS Abraham Lincoln (CVN 72) departed Naval Base Sasebo, Japan May 29 after spending four days in port.

Sailors from Lincoln and Carrier Air Wing (CVW) 2 had the opportunity to learn about Japanese culture through various command sponsored tours and sporting events.

One Sailor, Airman Christopher Devilbliss, from Supply's S-7 division, attended two command-sponsored tours; of Nagasaki and Japanese baseball.

"We got to see and stand in the spot where the [atomic] bomb was dropped," said Devilbliss. "The museum we went to was informative as well. It was definitely worth seeing."

Devilbliss also enjoyed a baseball game while he was in Sasebo.

"The baseball game was a blast," he added. "They play the game the same way we do, but the atmosphere in Japan is different. The games are more like college games. There's a band playing, cheerleaders, and during the 7th inning stretch everyone inflates balloons and after singing what would be the equivalent to 'Take me out to the old ballgame' everyone lets the balloons fly through the air.

"Overall, I had a blast in Sasebo," Devilbliss said. "I would definitely like to come back again."

Although there were many tours Sailors could have signed up for through Abe's Morale, Welfare and Recreation, some decided to spend their free time playing against local sports teams.



Photo By MCSN James Evans

Sailor's man the rails as USS Abraham Lincoln (CVN-72) departs Sasebo, Japan following a scheduled port visit.

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## Lincoln Welcomes New Executive Officer

By MCSN JAMES EVANS  
Penny Press staff

USS Abraham Lincoln (CVN 72) welcomed a new Executive Officer aboard recently.

Capt. (Select) Thomas E. Nosenzo

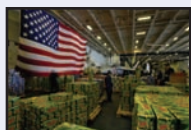
arrived onboard April 28 and assumed the duties of Executive Officer from Capt. D.A. Lausman May 15.

Nosenzo spent his first couple of weeks as XO reviewing awards, preparing for the Operational Reactor Safeguard Examination (ORSE) Board, and helping Captain

C.A. McCawley, Lincoln's Commanding Officer.

Nosenzo is no stranger to Lincoln, he served aboard the ship during his time with the staff of Commander Carrier Group

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# Letters

## EMBASSY OF THE UNITED STATES OF AMERICA SINGAPORE

May 11, 2006

Dear Admiral Goodwin,

I wish to extend my sincere appreciation for the Abraham Lincoln Strike Group's highly successful port visit to Singapore from April 27 to May 1. I greatly appreciate the efforts made to ensure incident-free liberty ashore.

The level of engagement between your command and our Singaporean hosts was an order of magnitude above the norm. The reception, tours (whose participants included the Republic of Singapore Chief of Navy and his family), and COD flyouts were conducted flawlessly. Those activities, plus the interactions between naval intelligence analysts, legal officers, EOD teams, Chief Petty Officers, medical professionals and helicopter pilots collectively raised the bar in terms of military diplomacy conducted by visiting strike groups.

My highest compliments to all crewmembers and staff whose careful planning made these events possible. I wish you and the ALSG team the very best through the remainder of your Western Pacific deployment.

Sincerely,

*Pat Herbold*

Patricia L. Herbold  
U.S. Ambassador to Singapore



The weather is starting to get humid again, so it's time once again to be mindful of all air-conditioned boundries and help the ship stay cool. It's also important to stay hydrated throughout the day. Remember, soda and coffee won't do it.



## June 2, 1891

The screw sloop Kearsarge lands Marines in response to civil disorder on Navassa Island in the Caribbean.

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Commanding Officer.....	Capt. C.A. McCawley
Executive Officer.....	Capt. (Sel) T. E. Nosenzo
Public Affairs Officer.....	Lt. Cmdr. John Filostrat
Assistant PAO.....	Ens. Brett Dawson
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	MCSN James Evans
	MCSN Timothy Roache
	MC3 Jordon Beesley



## Local News

# Navy Families; Keeping Them Informed

By FLTCM (SS/SW) R.D. WEST

Warriors, in May Hawaii celebrates its annual Military Appreciation Month. As part of this observance, a local radio station interviewed me about our Navy's mission. Unfortunately, I didn't have a long enough time slot to discuss one of our biggest assets – our families.

So to make up for that – and hit a much larger audience – I'd like to talk about the importance of our Navy families.

The Navy's credo is "mission first, Sailors always." Many see this as a careful balance between the needs of the service with the needs of the Sailors. Others interpret it as taking care of our people ensures the success of the Navy mission.

I subscribe to the philosophy that leaders (at all levels) will ensure mission success by leading and communicating with their people. Few organizations demand as much from its employees' families than the military. We work demanding hours, move and travel constantly, and endure separations reaching or exceeding 12 months at a time. Not always an ideal lifestyle.

But service-over-self is never an easy lifestyle. It explains why the families who accept this life are such honorable people.

Families take it in stride. They understand sacrifice and why it must be done.

They endure the long, lonely nights during deployments, and they accept the missed family special events because they know how important the job is.

This is why I say the families are the heart of our Navy. Without their support, our Sailors can't effectively do their jobs.

So what do we do to support those who support us? Are you familiar with everything the Navy has set up to give back to the families who give so much to the Navy?

If you're not, let me give you a short primer to Navy family support. All Navy leaders need to be well versed in where to go to obtain assistance and required information.

First and foremost, we have the Navy Fleet and Family Support Centers. Around each fleet concentration area, FFSC is chock-full of programs, classes, and counselors whose sole purpose in life is to help make things easier for Sailors and their families.

They help us make the move from the military to civilian life with transition assistance, or the move from one duty station to the next with relocation assistance. Money issues are always a challenge, so the personal finance programs can either help families deal with money management for debt reduction, budgeting and financial planning.

Case in point -- did you know financial



issues are the number one reason our Sailors lose their security clearance, and most of the time, lose the ability to do their jobs? It's a sad, preventable reality.

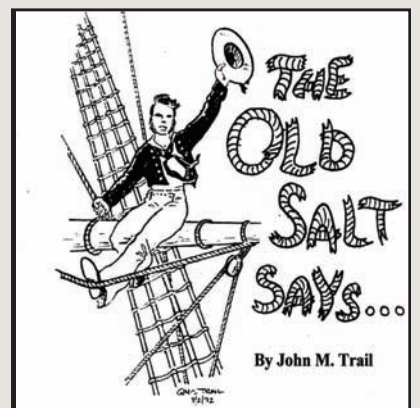
Few families can experience a challenge the trained professionals at FFSC cannot assist them with, so please take advantage of their services. You can check out everything FFSC has to offer by visiting their website at <http://www.ffsp.navy.mil/>.

Last September I devoted an entire article to one of our greatest resources for Navy families -- Navy Ombudsmen.

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## The "Boat"

"Now here this!" Never call your ship or any ship, Merchant or Navy "the boat". That is a degrading and lubberly term. You should always call a Navy man-o-war a ship, as she is an ocean going vessel. "Boat" is generally a term for small vessels that sail on lakes and rivers or inshore or near the coast when at sea. The only Sailors that can call their warship a boat are submariners. Whoever came up with the term "squid" or "bubblehead" to describe an American Navy Sailor should be keelhauled! You have many names Gob, Dabtoe, Swabby to name a few. The term Sailor generally means anyone who goes to Sea for a living, but as you are crewmembers of the greatest Navy in the world, The United States Navy, you are known the world over as "Bluejackets" because of the short blue jackets American Sailors used to wear until 1860.







Hello Sasebo





WEEK AT A GLANCE



# Local

**XO**
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(CCG) 3 and with Helicopter Antisubmarine Squadron (HS) 4.

"The ship hasn't changed substantially, the crew hasn't changed substantially, but there was some trepidation because I'm walking into a pretty big job that's quite a bit different from anything I've done before," said Nosenzo.

"And there are a lot of names to learn," he added with a laugh. As the executive officer of a nuclear powered aircraft carrier, a floating city of 5,000 people, Nosenzo has certainly walked into a big job, but he brings with him some very specific, Sailor-oriented goals, not to mention a positive mindset.

"I would like to have the people who leave the ship leave with a positive attitude, whether they stay in the Navy or get out, I want them to think that their time on Lincoln was worthwhile," said Nosenzo.

One of Nosenzo's top priorities is to impress upon his shipmates the importance of taking care of *their* ship. Rather than giving Lincoln "the rental car treatment" as he puts it, Nosenzo hopes Sailors will make the ship their own and be proactive in making Lincoln and the Navy a better place.

"If I can make Sailors feel like 'It's my ship, it's my Navy, I own it and I want to take care of it,' just like if it were your car or motorcycle that you love so much, everything will work beautifully," said Nosenzo.

"If I can instill that sense of ownership, life may not be easy, but our jobs will be well done."

Nosenzo received a Bachelor of Science degree in Architectural Engineering from the University of Texas at Austin in 1981 and worked as a professional engineer before entering the Aviation Officer Candidate Program and being commissioned as an Ensign in the United States Navy in 1985. He also holds a Master of Arts in National Security Affairs and Strategic Studies from the Naval Command and Staff College.

His previous commands include Helicopter Antisubmarine Squadron (HS) 4, Air Test and Evaluation Squadron (VX) 1, Commander Carrier Group (CCG) 3, United States Commander in Chief Europe (USCINCEUR) Command, and Helicopter Antisubmarine Squadron (HS) 8. Nosenzo served as Military Assistant to Secretary of Defense Donald Rumsfeld prior to entering the nuclear power training pipeline and reporting to Lincoln.



The Susan G. Komen  
Breast Cancer Foundation  
[www.komen.org](http://www.komen.org)

Spouses, family, and friends of Sailors stationed on the USS Abraham Lincoln have formed Abe's Babes for the 2006 Susan G. Komen Foundation Puget Sound Race for the Cure, June 17.

The goal was to raise \$500. So far, the team has raised more than \$2,100 with 56 gifts and 24 teammates. Although fundraising is an important aspect of the race, the most important goal for the team is having fun!

The Komen Race for the Cure Series raises significant funds and awareness for the fight against breast cancer, celebrates breast cancer survivorship, and honors those who have lost their battle with the disease.

The 2006 Komen Puget Sound Race for the Cure will be held on Saturday, June 17th at Qwest Field and Event Center in Seattle. Events include a women's only 5K race, a co-ed 5K race, non-competitive 5K and 1K walks and the "sleeper" option.

**Want to know how to get your pictures to All Hands Magazine?  
Go to [www.mediacen.navy.mil/still/anyday.htm](http://www.mediacen.navy.mil/still/anyday.htm) for rules and  
guidelines on how to get your pictures published.**

**JAPAN**
*Continued from page 1*

"We played against a local Sasebo rugby team," said Aviation Ordnanceman 2nd Class (AW) Justin Oman from Abe's Training Dept. "It was a real good time, the people we played against were very nice. Afterwards we had a barbecue and an awards ceremony."

May 29 wasn't just a day that Lincoln pulled out of a foreign port; it was also Memorial Day and was observed onboard at 3 p.m. local time with 30 seconds of silence.

"For more than two centuries, Americans have been called upon to defend the founding ideals of our democracy," said Abe's Commanding Officer Capt. C.A. McCawley.

"On Memorial Day," McCawley said in an address to the

crew, "A grateful nation undertakes its solemn duty to honor proud patriots who sacrificed their lives for our great nation. Your vital work is spreading the realm of freedom and further the cause of liberty."

While in port, Lincoln hosted 650 guests to tour the ship so they could get a better understanding on how an aircraft carrier actually works. Lincoln also hosted a reception more than 200 foreign guests.

Lincoln, the embarked Commander, Carrier Strike Group (CSG) 9, Carrier Air Wing (CVW) 2 and Destroyer Squadron (DESRON) 9 are on a scheduled Western Pacific deployment. The strike group has visited the ports of Hong Kong, Laemb Chabang, Thailand, and Singapore, in addition to Sasebo Japan.

## Local News

Have you lost your "redneck" while underway? Well Big Tex and Boss can help tan your hide every day that ends in "y" from 2 to 4 p.m. on KRUZ Radio Ch. 9. They play a knee slappin' mix of western and country for two solid hours. They don't take requests but are always lookin' for ideas.

### FAMILY

*Continued from page 3*

Our Navy Ombudsman provides a wealth of information, knowledge and experience whose main mission is providing a direct link between the commanding officer and the families of the command.

If you don't know who your command's Ombudsman is, then that's a problem. Ombudsmen are typically very visible, easily accessible, and have the CO's ear to provide information flow both ways. Here's the job description straight from the book:

"... a command operated program intended to improve communication between the command and a Sailor's family members. Most importantly, it keeps members informed about command policy and the command aware of family concerns. A major function of the Ombudsman is providing information and referral services to the families ..."

So my advice to you is simple, get in contact with your Ombudsman, get on the command phone tree, and update your address for the command familygram/newsletter. Ensure you and your family members are in the loop so you know what's going on, your voice can be heard, and you can get help when needed.

I understand that some problems or issues do not have cut and dry solutions. Some can be painful and personal. And while I encourage getting information, I strongly urge you to seek out the help and assistance the Navy offers when you need it. By being proactive with your issues you are more in control. If you become reactive, then it's more difficult to recover. Here are few helpful links to assist you:

For families with Sailors in the Individual Augmentee program, you find a lot of useful information at the BUPERS website ([www.npc.navy.mil](http://www.npc.navy.mil)) or Navy Knowledge Online (<https://www.nko.navy.mil/>). Remember every Sailor is a potential Individual Augmentee (IA), so they along with their families need to be ready to support. I recently wrote an IA column a few weeks back full of good info. You can find an archived copy on my page of the Pacific Fleet website ([http://www.cpf.navy.mil/bios/ft\\_articles.htm](http://www.cpf.navy.mil/bios/ft_articles.htm)).

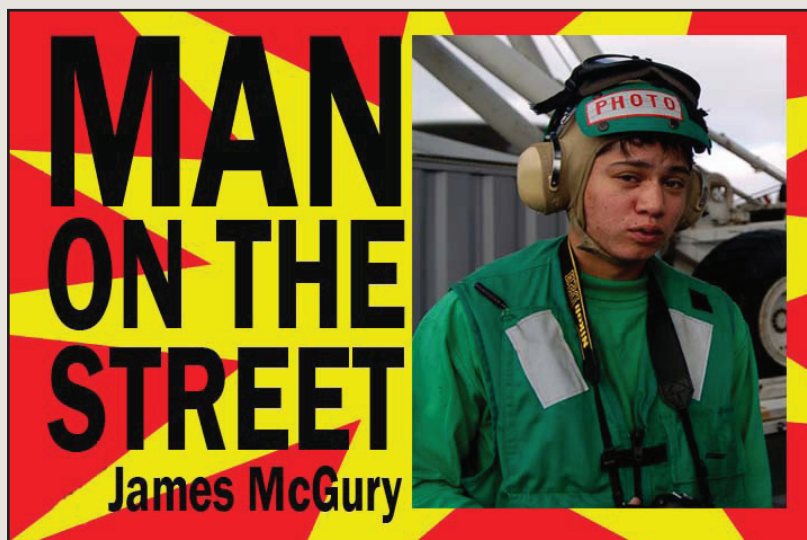
And finally there's the 1-866-U-ASK-NPC phone number to the Naval Personnel Command's Customer Service Center that's manned 24 hours a day, seven days a week.

I would like to close this week by expressing my deepest thanks to all Navy families supporting Sailors day in and day out.

I know firsthand that we cannot do the jobs we do without your support, and I want you to know how deeply appreciated it is. And to my fellow Warriors, take the first chance you get to tell your families "thanks," and more importantly keep them informed.

FROM THE FLEET: I'm writing this article from Mobile, Ala., while visiting Pascagoula shipbuilding, PCUs and our Navy Seabees in Gulfport, Miss. I want to thank all those Sailors and their families along the Gulf Coast who assisted in the hurricane cleanup and humanitarian assistance.

Our Sailors were outstanding in "taking care of business," not only on our bases, but also in the surrounding community. BZ and HOO YAH to you, YOU MADE A DIFFERENCE!



Look out! We gave MC3 James McGury a video camera and now he's comin' after you! Get a question right, get a prize. Get one wrong, then you're ridiculed like no one's business! Catch Man On the Street, and Lincoln news, every Friday at 7 p.m. on NewsLine!



# Local News



## Shipmates

*The strength of a warship lies in the hearts and hands of its crew*



Photo by MCSN Brandon Wilson

Boatswain's Mate First Class (EOD/PJ) Jeff Chaney of EODMU 11 Det. 9 explains the capabilities of the flight deck's catapult to members of the Japanese Maritime Self Defense Force aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

## Editor's Top 10

Things we can't do  
Top 10 lists on....

10. How Capt. [REDACTED] play's [REDACTED] with his secret collection of [REDACTED].
9. The secret [REDACTED] and eating rituals of the "Boot Ensign."
8. [REDACTED] in any shape, form or consistency.
7. [REDACTED]'s career as masked Mexican wrestler "El A [REDACTED] Wipeo."
6. The crazy [REDACTED] of everyone's favorite German, the [REDACTED].
5. Anything that would offend an [REDACTED] woman.
4. The benefits of [REDACTED]. Honestly, clean breath is highly over rated.
3. How mustache's are really really [REDACTED].
2. What the [REDACTED] did in Singapore before we got there.
1. MWR's [REDACTED] "Don't [REDACTED] on the Electric Fence."

USS Abraham Lincoln Safety  
Department's

## Safety Sailor of the Week

While manufacturing various items for the ship, MR3 Ben Nelson, from Engineering's Repair Division, ensures his safety by using safety glasses while working.

For observing ORM, Nelson is Abe's Safety Sailor of the Week.

PHOTO BY SK1(SWAW/SS) RICHARD WARD



**MR3 Ben Nelson**

